



January 2013 NBCC Lunch Program

Mon	Tue	Wed	Thu	Fri
	1 <i>Closed January 1 - January 4</i>			
7 Chicken Fajitas Refried Beans Mexican Rice Flour Tortilla Strawberry Jello	8 Macaroni & Cheese Broccoli, Mixed Fruit Side Salad, Roll Cookies	9 Broccoli Cheese Soup Egg Salad Sandwich Sponge Cake, Berries	Lunch Served at Noon	11 Chicken Marsala Roasted Red Potatoes Cauliflower, Roll Spiced Apples
14 Spanish Beef Steak Black Beans Mexican Blend Vegetables Melon	15 BBQ Pork Sandwich Brown Rice Riviera Vegetables Peaches	16 Split Pea Soup Ham Sandwich Tomato Slices, Banana	No Lunch Served on Thursday's	18 Tuna Casserole Green Beans, Garlic Bread Carrot Raisin Salad Mandarin Oranges
21 Closed for MLK Holiday	22 Swedish Meatballs Mashed Potatoes Peas, Roll Salad, Apricots	23 Black Bean Soup Spinach Salad Breadstick Apple Slices Pumpkin Cake	Lunch Fees: 60+; \$3.00 Suggested Donation Under 60; \$6.00	25 Orange Glazed Fish Rice Pilaf, Roll Peas & Carrots Orange Quarters
28 Spanish Pork Chop Chipotle Mashed Potatoes Vegetable Blend Roll Grapes	29 Chicken Margarita Creamy Noodles, Roll Green Salad, Fruit	30 Chili Con Carne Green Salad Cornbread, Oranges Lemon Pudding		

For information please call 425-452-7681. North Bellevue Community Center 4063-148th Ave NE, Bellevue, WA 98007.

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.

Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.